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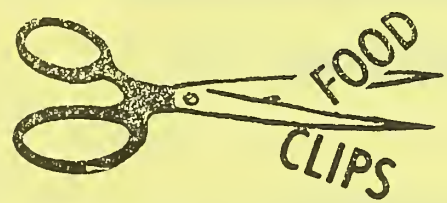
Food and Home Notes

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Fresh mushrooms are available year-round and can add a delicate flavor to hundreds of dishes, according to USDA home economists.

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Mushrooms are a source of protein, B vitamins and minerals, and can be used as a main dish or just as a garnish.

* * *

Buying mushrooms? Check for quality: clean, firm, fresh-looking mushrooms of small to medium size....mushrooms may be white, creamy white, or tan. If you see a mushroom that is withered or has a wide open veil around the base of the cap....it is a sign of age.

* * *

Mushrooms should not be pitted or have seriously discolored caps. They are highly perishable and should be purchased for immediate use. Keep them in plastic wrap and wash them just before using.

* * *

ON GETTING FROM

---- HERE TO THERE

....in rural areas

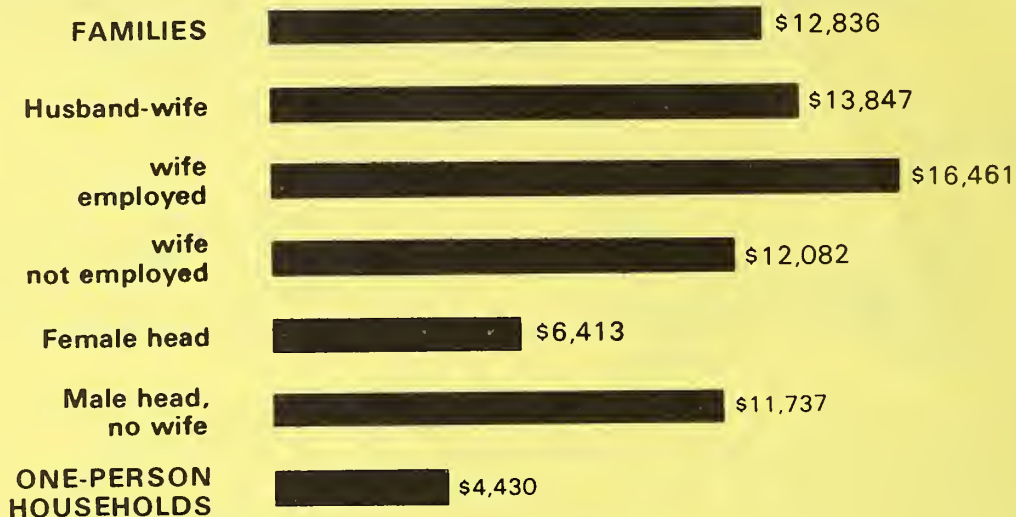
Rural people often cannot use available community services nor avail themselves of the total job market because they simply cannot get from home to city-type facility. But -- now there is hope that a public transit system may aid this situation by fleets of subsidized passenger vans and buses. The newly formed transportation systems, funded by the U.S. Department of Agriculture and the Department of Transportation, state and local agencies, are taking rural residents to the vital public services in towns and cities.

Non-profit corporations and public groups in rural areas are working with USDA's Farmers Home Administration to make loans so community facilities will be more accessible to rural people. Transportation equipment, access streets and parking lots are the other areas being explored by this plan to open the way to existing facilities heretofore not readily available. For more details write to the Rural Development Service, U.S. Department of Agriculture, Washington, D.C. 20250 or call 202-447-4487.

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USDA-1214-77

INCOME OF FAMILIES AND ONE-PERSON HOUSEHOLDS

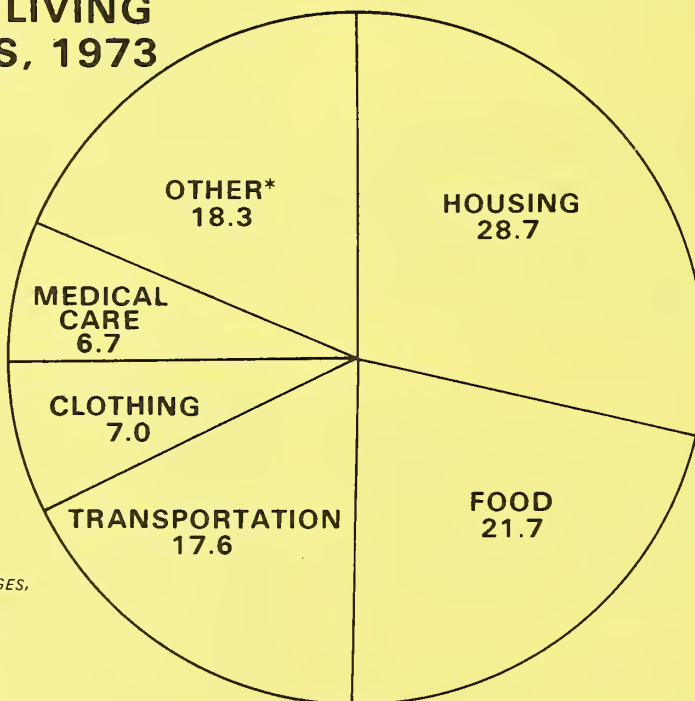


SOURCE: DEPARTMENT OF COMMERCE. MEDIAN INCOME, 1974

USDA

NEG ARS 6097-76 (9)

FARM FAMILY LIVING EXPENDITURES, 1973



* PERSONAL CARE,
TOBACCO AND ALCOHOLIC BEVERAGES,
READING, SUBSCRIPTIONS, ETC.,
EDUCATION,
MISCELLANEOUS,
PERSONAL INSURANCE,
CASH GIFTS AND CONTRIBUTIONS.

USDA

NEG SRS 393-76 (9)

COST OF FOOD AT HOME FOR A WEEK (MARCH 1977)

	<u>Thrifty plan</u>	<u>Low-cost plan</u>	<u>Moderate- cost plan</u>	<u>Liberal plan</u>
FAMILIES				
Young couple.....	\$23.10	\$30.40	\$38.20	\$45.80
Elderly couple.....	20.80	27.20	33.70	40.30
Family of 4 with preschool children.....	32.70	42.50	53.10	63.70
Family of 4 with elementary school children.....	39.30	51.20	64.30	77.20
INDIVIDUALS*				
Women				
20-54 years.....	9.50	12.40	15.50	18.50
55 years and over.....	8.60	11.30	13.90	16.50
Men				
20-54 years.....	11.50	15.20	19.20	23.10
55 years and over.....	10.30	13.40	16.70	20.10
Children				
1-2 years.....	5.30	6.80	8.40	10.00
3-5 years.....	6.40	8.10	10.00	12.10
6-8 years.....	8.10	10.50	13.10	15.80
9-11 years.....	10.20	13.10	16.50	19.80
Girls 12-19 years.....	9.70	12.50	15.50	18.50
Boys 12-14 years.....	10.80	13.90	17.40	20.90
15-19 years.....	11.90	15.30	19.20	23.20

* Cost of food at home for any family can be figured by totaling costs shown for individuals of sex and age of various members of the family as follows:

- o For those eating all meals at home (or carrying some meals from home), use amounts shown.
- o For those eating some meals out, deduct 5 percent from amount in table for each meal not eaten at home. Thus, for a person eating lunch out 5 days a week, subtract 25 percent or one-fourth the cost shown.
- o For guests, include for each meal eaten, 5 percent of amount shown in table for the proper age group.

Next, adjust the total figure if more or fewer than four people generally eat at the family table. Costs shown are for individuals in 4-person families. Adjustment is necessary because larger families tend to buy and use foods more economically than smaller ones. Thus, for a 1-person family, add 20 percent; 2 persons, add 10 percent; 3, add 5 percent; 4, use as is; 5 or 6, subtract 5 percent; 7 or more, subtract 10 percent.

Note: The publication "Family Food Budgeting for Good Meals and Good Nutrition," Home and Garden Bulletin No. 94, describes USDA's thrifty food plan (used in setting the coupon allotment in the Food Stamp Program) and the three more costly plans, on which these costs are based. Single copies are available from the Office of Communication, U.S. Department of Agriculture, Washington, D.C. 20250. Request publication by name and number and include your ZIP code.

ON FRESH FRUIT

--- and Storage Time

Most fresh fruits remain at their best for only a few days -- but some if stored properly, may keep for months. All fruits, however, require careful handling and storage to conserve quality.

How you handle your fresh fruit makes the difference. Before storing fruits, sort them and either use or discard damaged fruits immediately. Most fruits (except berries and cherries) should be washed and dried before storing.

Unripe fruits should be left to ripen in open air at room temperature and out of direct sunlight. Some fruits, such as grapes, pineapple, and watermelon, will not ripen further after picking.

The length of time that a fresh fruit will retain high quality (under home storage conditions) varies with the condition of the fruit when purchased (or harvested, if the fruit is home grown).

Here is a list of whole fresh fruits that may be stored in the refrigerator and the time they can be held for high quality:

APPLES, eating ripe.....	1 week
APRICOTS.....	3 to 5 days
BLACKBERRIES.....	1 or 2 days
BLUEBERRIES.....	3 to 5 days
CHERRIES.....	1 or 2 days
CRANBERRIES.....	1 week
FIGS.....	1 or 2 days
GRAPES.....	3 to 5 days
NECTARINES.....	3 to 5 days
PEACHES.....	3 to 5 days
PEARS.....	3 to 5 days
PLUMS.....	3 to 5 days
RASPBERRIES.....	1 or 2 days
RHUBARB.....	3 to 5 days
STRAWBERRIES.....	1 or 2 days
WATERMELONS.....	3 to 5 days

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